MAYT-Mahashakti Ajapa Yog Trust
MOOL MANTRA
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Mool Mantra
Great Master Purnananda explains the glory of Initiation mantra or mool mantra. He said what more can I say about initiation mantra? The initiation mantra is that, by being known, leaves nothing more to know; which being known, removes all doubts concerning the method of practice; which is realized and experienced, theoretically and practically, to be the truth, that alone is the initiation mantra. Attraction and repulsion go on ceaselessly in your body, and as result of that activity, your ego sense prevails. In the presence of activity it is impossible to attain the motionless state; and in an unstable and fluctuating state, it is impossible to realize even an idea of the element of self. With your present intelligence you can see that if you are running, or angry, this ego-exciting activity is greatly intensified, and you feel restless and unsteady. At that time you cannot make proper decisions on any subject. In a little while this ego-producing activity gets milder, and you gain stability and increase your power of comprehension. In a mild state of activity when the repulsion is quietened, the power of comprehension is keener. But comprehension is complete only when repulsion stops completely. Then knowledge is complete and free from illusion. Therefore, the atma tatwa can
Be perfectly known only in the state of inactivity, free from repulsion. Therefore the right and genuine method for attainment must be that which by itself and in natural way makes the repulsion activity mild, which concentrates and completes the power of comprehension and makes a man fit to know the atma-tattwa. This method is the initiation Mantra. It is a technique by which repulsion activity naturally reduces itself and grows mild. The initiation mantra is not any imaginary name or collection of names in particular language, rather under the influence of this outstanding power, imagination disappears.
Those who understand that death is inevitable and there is no certainty to as when it will come. Those who contemplate become indifferent to family relations and worldly relations and objects and are intent on finding out where they will go after death and what will happen to them. For such people Mool Mantra is like the Gandiv dhanush in the hands of Arjuna and guru is like the Lord Krishna driving his chariot.

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AJAPA JAPA PRACTICE
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Ajapa Breathing as total education system of ancient Bharatvarsha(India).

Ajapa Japa Practice:
This Sadhna aims at balancing the inner forces. This is a breathing method which combines a specific breathing style and Mantra sound to tap the descending energy. When we practice this sadhna, it leads to deep breathing because of which, more intake of oxygen happens, which in a way is taking in the increased amount of vital energy, at the same time this sadhna also prevents the loss of prana or vital energy which is leaving us during exhalation. This sadhna increases our resistivity towards negativity both physical and psychological. It also helps in

speedy spiritual evolution. This sadhna cannot be compared with other breathing methods or pranayama because pranayama aims at improving the physical aspects such as cleaning the body and these exercises can be harmful too if over practiced. However, Ajapa is based on observation of subtle part of breathing which is not known to us and was researched by the sages. Other breathing methods are limited to respiratory control while Ajapa Japa aims at Pranic control and expansion of consciousness.
This practice does not harms in the case of over practice rather it is most beneficial. It's simple method and if practiced with continuity, it ensures the speedy progress of person in the cosmic space. Also, Ajapa Japa is not exactly the meditation; rather it's a complete system in itself and pushes the meditation to highest state. This method can give amazing results if practiced with self-discipline. This method is also known as Mahashakti yoga, this method is simple and infallible. It's a middle path and adopts only one method from the beginning to end.
Shashtras explain that knowledge of Ajapa and its practice makes person go beyond the cycle of life and death and this is the highest form of Japa practice. This method leads to awakening of kundalini and the same is supported by lot of Sanskrit texts. Ajapa japa sadhna is also known as Mahashaktiyoga or Mahatantra yoga. This sadhna is practical absolute and infallible.

In order to understand this method we must be sensible enough to observe the outer aspect of breathing. In outer aspect of breathing we simply take in some air and release some air. In Ajapa breath method thrust is caused to outgoing breath by practicing this method and this results in more intake of air or we can say that we tend to take more amount of oxygen. In today's world, we are in the habit of taking in short breath which hardly reaches our lungs. Because of this shallow breathing and less amount of oxygen intake we fall to different physical and psychological difficulties

Dr Ramesh Paramahamsa after meeting his master Janardhan ji, out of curiosity asked him, master what is that you know about spirituality? Janardhan ji replied, one goes up and one comes down, all that is I know and all that is to be known. Pointing towards his own breathing the Himalayan sage replied, it is breathing, you once inhale and exhale, in it lies the secret of life and death and that is all one has to know in one's life. No matter you are involved in any kind of physical or mental act ,consciously or unconsciously, you still breathe, and you cannot do any activity in any given time without the breathing, Breath is Gateway to all your knowledge and wisdom, this is where all the mystery of life and death is hidden, this is the builder of your ego the,I. Reply seemed very simple, out of frustration Dr Ramesh Paramahamsa asked so you mean to say that you know , life, death, man, existence, nonexistence and the universe? Janardan ji replied with firmness,yes, I know just one impulse the Impulse of life and death. Existence is the lapse of time between the ascending and descending half of this one vital pulse. The ascending half of this pulse is life and descending half of this pulse is death. Man and universe exist in in continuation of this one pulse. The Breaking in this flux causes individual death, while cosmically the break causes dissolution of the universe. When the one impulse ceases it's ascending and descending motion and comes to stillness without losing its continuation the state is called absolute or enlightenment. No theory or philosophy can make us understand this enlightenment except the experience. this practice is based on the, rocket

propulsion method, rocket shoots up on the principle of reaction propulsion and greater the thrust, higher the lift, ancient sages applied the same technique to lift the dormant power lying within human body, the life energy which desserts us normally is conserved by Maha Tantra Yoga technique and further used to awaken the dormant energy lying within us. This whole system works in four stages.
The whole system of Ajapa Japa when analysed works in four stages .They are 1. Physical Stage 2.Psychological Stage 3.Para normal Stage 4.Absolute Vibration less Stage.

Physical Stage: In order to understand the physical stage you must be aware of the physiological breathing and its functional role to our body. In physiological sense breathing is a process of drawing in some air and releasing some air. The air in physiological breathing mixes with blood and helps oxygenation process. Shortages of oxygen or too much oxygen both are dangerous. In Ajapa Breath Method the outgoing exhalation causes thrust and pushes inhalation, in other words more oxygen .The breathing starts from base of spine onward giving feeling up to neck .But when there is excess accumulation of oxygen the thrust automatically adjust the whole system and excess amount of air thrown by exhalation .In this way the flow of air is enlarged and breathing is not localized to 1/4th part of the lungs or to abdomen but it forces to have a complete breath which begins its movement from base onward to the area of origination of the breathing. This eliminates lot of trouble of human body .Lot of air stops in various parts of the body because of inefficient flow and wrong breathing habits and wrong food habits too .This causes lot more trouble in our body .The air does not pass freely and many uncomfortable feelings take place physiologically. At physiological stage this method does lot of cleansing of body and makes it ready for psychological plane.

Psychological Stage: As the thrust is continuous, so after crossing the threshold of physical parts of the body the reaction takes place in medulla, the place which controls the respiration. The constant hammering by reverse process through Ajapa Breath Method hammers the paths of the impulses and causes an obstruction in the free flow of descending impulses. Repeated thrust causes some nerve impulses to retrace the steps and stop flowing its current from only descending. The descending current impulses therefore are trapped. The constant interval in which they were descending and activating and regulating the respiratory system can be controlled. The increase and decrease of blood pressure, heart beat and breathing can thus be regulated. Results are definite. There cannot be any exception to this. The control of regulation of impulses effect many more physiological regions of the body. The relaxation ensures ad the tiredness goes away. It makes mind clear, conscious and alert and at the same time concentration of an individual increases. Breathing becomes rhythmic, deep and complete. The level of consciousness also elevates as physiological and nervous system are inter related. They cannot be separated. As one goes on breathing Ajapa way, low frequency impulses also change their frequency rate. The frequency of electromagnetic impulses can easily be regulated. The thoughts, the feelings and willingness of individual are also impacted. The conscious states and awareness phenomenon undergoes a remarkable change for better. The change instituted by Ajapa Breath Method in the frequency of electromagnetic impulses and its potential effects are so much so that the subconscious and unconscious part of the brain also

appear on conscious surface. The dreams of suppressive and repressive desires and of inner conflicts become very clear and vivid. The hangs up of a person appear through dreams without an effort on his part as his face appears in the mirror. One has to pass through lot of psychological stages of consciousness leaving thinking and acting. Mind, in other words is completely overhauled. An individual becomes positive and balanced. Thrust, hunger, sex, learning, thinking, self-awareness, Ego trip, Analytical skills and dealings with outside world are the features in which one can see a change for better. The personality of an individual gets transformed for happy and successful living.

Para-normal Stage: The third stage of Ajapa Breathing Method is complicated one. This is called paranormal state. It deals with the phenomena, normally not known or seen by the normal individual because of his limitations. The limitations are his five senses. Here one transcends himself and sees the world beyond sensory experiences. In third stage you can change the law of karmas by your force and energy. Here you are not the tool of genetic code script. You are master of the script.

Absolute vibration-less stage: The fourth state is the merger state when waves and their patterns also come to an end-stillness. This state is the state of stillness in absolute sense while other states are relatively still. This is the state of Sat Chit Ananda. Truth, consciousness and blissful state. It is the state of “Brahmahood”.This state is also known as “Nispandavastha”.

This is what Ajapa Japa is all about.